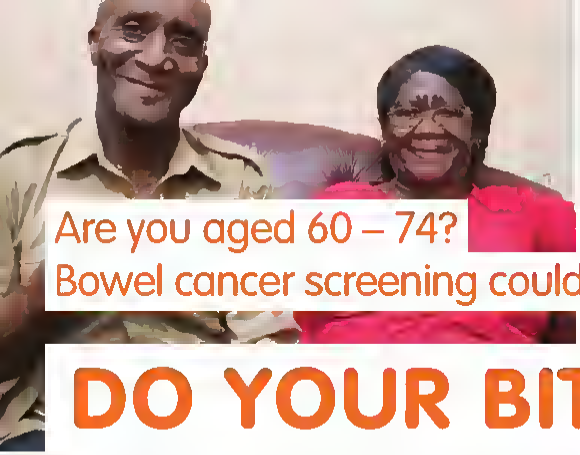
thenewhammag

issue 320 // 17 – 30 July 2015 // Every fortnight

Laura's starring role

Soprano looking forward to Under the Stars (p14)

Newham London



Are you aged 60 – 74?
Bowel cancer screening could save your life.

DO YOUR BIT
USE THE KIT

IF FOUND EARLY BOWEL CANCER CAN BE TREATED AND CURED

The NHS Bowel Concer Screening Progromme offers **free screening every twa years to all men and wamen aged 60 – 74** who ore registered with o GP. You will outomoticolly receive a screening kit in the post.

If you're oged 75 or over, or if you've lost yours, then coll **0800 707 6060** to request o free bowel concer screening kit. If you're unsure how to use the kit then osk ot o phormocy or GP proctice.

For more informotion visit **www.cancerscreening.nhs.uk**

NHS
Newham Clinical Commissioning Group

the newham mag

Look out for the next issue from **31 July**
View the mag online at **www.newham.gov.uk/mag**

contents

17 July 2015 // issue 320

After a wonderful Mayor's Newham Show last weekend (p18), including fantastic performances from dance troupe IMD Legion (p24), we can now look forward to four days of free music at Under The Stars (p12). The talented soprano Laura Wright gives us all the more reason to look forward to Sunday's thrilling finale (p14)

We've got enough to keep the family entertained and active over the summer (p8) and there's your chance to get involved with National Paralympic Day (p11), a highlight of the summer calendar. The countdown also continues to Rugby World Cup 2015, and a few lucky teenagers could win the chance to be flag bearers this Autumn (p29)

Elsewhere, we're asking for your help to tackle anti-social behaviour (p27) and letting you know about changes to parking charges (p23), and a new app that we've launched so you can keep up-to-date with everything that's going on in Newham (p17).

Councillor Ken Clark

Cabinet member for Building Communities and Public Affairs, Regeneration and Planning

Keep in touch with Newham Council via:

www.newham.gov.uk
@NewhamLondon
www.facebook.com/newhamcouncil

To contact the *Newham Mag* team email
newham.mag@newham.gov.uk
or call **020 3373 1517**
PUBLICATIONS OFFICER Maxwell Bakor
STAFF PHOTOGRAPHER Andrew Bakor

To advertise in the Mag call
Julie Madell on **07890 529 090**

If you do not receive the *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered.

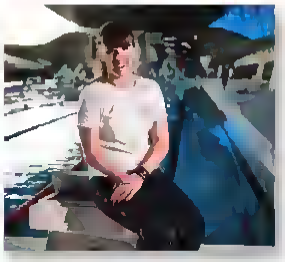
The *Newham Mag* is printed on 100 per cent recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

Regulars

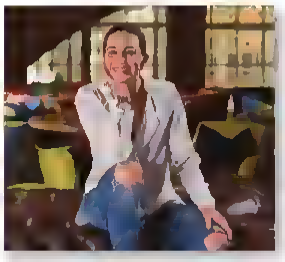
04 **NEWS** – two pages of news from across the borough
06 **MAYOR'S VIEW** – news from Sir Robin Wales
18 **NEWHAM IN PICTURES** Mayor's Newham Show in photos
24 **WORKING LIVES** – Newham crew just got to dance
30 **OUR NEWHAM** – competitions and community news
32 **KIDS CORNER** – pictures and puzzles for our younger readers
34 **WHAT'S ON** – fives pages of activities and events, most of them free

12

24



11



14

Features

08 **GET ACTIVE THIS SUMMER** – sports and leisure over the summer
11 **IN THE SWIM OF THINGS** – Paralympian swimmer Amy Marren
12 **UNDER THE STARS** – a preview of Thursday and Friday's concerts
14 **LAURA WRIGHT** – looking ahead to Sunday at Under the Stars
17 **WHAT'S 'APP-ENING** – a new app for events in Newham
23 **PARKING IN NEWHAM** – what you need to know
27 **CAUGHT ON CAMERA** – help us stamp out anti social behaviour
29 **CAPTURE THAT FLAG** – your chance to be a flag bearer at Rugby World Cup 2015

Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues
Visit **www.newham.gov.uk/lovenewham**

Breast cancer screening call

Newham GPs are urging women aged 70 and over to be more aware of breast cancer and to request an appointment to be screened every three years

Women over 70 are less likely to attend screening because they no longer receive automatic appointments. Older women are still entitled to screening every three years

Breast cancer screening uses a test called mammography which involves taking X-rays of the breasts. It can help find cancers early

Dr Zuhair Zarifa, chair of NHS Newham Clinical Commissioning Group, said: "With the right support and early diagnosis, treatment can be successful whatever your age."

Call the Central and East London Breast Screening Unit on **020 3465 6631** to make an appointment. Women aged 50 to 70 who are registered with a GP are invited to attend screening every three years

School top for music

Nelson Primary School in East Ham has won a prestigious London Music Award for the exceptional musical experience it offers to pupils

Head teacher Fiona Cullen said: "We are delighted to have been selected. It is testament to the commitment and talent in music of all of the staff and children."

Jo Cull, deputy head teacher, accepted the award at the Roundhouse in Camden from Mayor of London Boris Johnson

Pupils from the school's four choirs and orchestra are performing at West Ham Church on 18 July in a performance of the Benjamin Britten opera Noye's Fludde

Spot signs of diabetes

Cllrs Laguda, Furness and Alarice get tested

With more than 23 100 people in Newham living with diabetes, residents are being urged to get tested early to reduce the chances of developing serious future complications

As part of National Diabetes Week, Cllr Clive Furness, mayoral advisor for adults and health, Cllr Joy Laguda mayoral advisor for adults safeguarding, and Cllr Aleen Alarice, took part with residents in a screening session at a Plaistow pharmacy

The main symptoms of undiagnosed diabetes include increased thirst, extreme tiredness, blurred vision and needing to go to the toilet more often than usual

Councillor Furness said: "We are pleased to support the work of pharmacies to spot diabetes early. Residents can also help by maintaining a healthy weight and regular physical activity."

More information about diabetes and how to prevent and manage the condition can be found on the Diabetes UK website at **www.diabetes.org.uk**

Rain garden goes down a storm

Cllr Hudson [illegible] at the garden

An environmentally friendly community garden in Beckton that stores rain water to support plants and wildlife has been opened by Deputy Mayor Cllr Lester Hudson.

The Renfrew Rain Garden in Renfrew Close harvests water from the roofs of nearby houses. The water is channelled into special basins, which allows it to be soaked up by the soil and the plants

Residents and children from Winsor Primary School helped create the garden with Newham Council's Beckton & Royal Docks Community Neighbourhood team, Groundwork London, Thames Water and the University of East London. It was part funded by the Environment Agency and designed by Robert Bray Associates. The garden also includes a play area.

Councillor Hudsen said: "This is a fantastic example of residents and partners working together to create an environment that can be enjoyed by the local community whether for play, relaxation or education."

Pupils get lesson in recycling

Cllr Corbett with the young recyclers

Pupils from a Plaistow school found out what they can and cannot recycle during a lesson as part of Recycling Week

The children from New City Primary School were shown how rubbish and recycling is sorted when it arrives at the East London Waste Authority's Materials Recovery Facility in Jenkins Lane, Beckton

The lesson, part of Newham Council's Recycle for Your Community project with Keep Britain Tidy, involved the children identifying items that could be recycled from a bag of rubbish and a craft session using recyclable materials

Councillor Ian Corbett, mayoral advisor for environment and leisure, said: "Recycling helps to protect the environment, and saves money by reducing the costs of getting rid of waste. There are so many items that can be recycled around the home but many of us simply throw our rubbish in the bin."

For more information about recycling visit **www.newham.gov.uk/recycling** or **www.recycleforyourcommunity.com**

Time capsule marks construction launch

Cllr Hudson, far left, peers into the capsule

Construction has started on the new Transport for London (TfL) building at The International Quarter – the £2.1 billion development at the gateway of Queen Elizabeth Olympic Park

Deputy Mayor Cllr Lester Hudson joined the symbolic first cut of the spade and helped bury a time capsule with developers Lendlease and London & Continental Railways, who are delivering The International Quarter.

The TfL building will house 3,000 workers from autumn 2017. An estimated 1,200 construction jobs will be created on site at The International Quarter by spring 2016. Lendlease has partnered with Newham Council's employment service Workplace and Stratford's Building Crafts College to ensure as many as possible go to local residents.

Councillor Hudson said: 'Stratford is one of the best connected places in London so it is fitting Transport for London have chosen The International Quarter as a new home for thousands of staff."

Amnesty offer in fight against tenancy fraud

Newham Council tenants illegally subletting their properties have the chance to hand back their keys and escape prosecution as part of a key amnesty.

A similar scheme in 2013 saw the recovery of 26 council properties. Tenants who are illegally subletting their council home have until 1 September to give their property back without fear of prosecution.

Tenants are committing fraud if they have a tenancy with the council but live elsewhere and sublet the property. Those doing so could face a prison sentence of up to two years and a £5,000 fine. After the amnesty ends, the council will prosecute tenants still committing tenancy fraud.

Councillor Andrew Baikie, mayoral advisor for housing, said: "Illegal subletting is unfair to the thousands of people on our housing register, many of whom have been waiting for years." Tenants wishing to end their tenancy should call **020 3373 9370** for advice on how to do so.

Keeping the promise of Games legacy

I am always proud to say that the greatest ever Olympics and Paralympics took place in Newham – a point I made in a BBC radio panel interview to mark the tenth anniversary of London winning the bid for the 2012 Games.

I joined London Mayoral candidate Tessa Jowell, who launched the bid process as the then Secretary of State for Culture, Media and Sport, and Amber Charles, the young basketball player from Forest Gate who presented it to the International Olympic Committee. We all stressed the reason we were successful in 2005 was because we promised to inspire people through sport and physical activity, but more importantly, to drive the regeneration of our part of East London.

> "We capitalised on the attention the Games drew by encouraging people to invest in and create jobs."

Ours was the first Games that completely transformed a deprived area. We capitalised on the attention the Games drew by encouraging people to invest in and create jobs. Tessa Jowell and I saw that at The International Quarter, the £2.1 billion development at the gateway to Queen Elizabeth Olympic Park, where work on the new Transport for London building has started.

An estimated 1,200 jobs will be created on site and to ensure as many as possible go to our residents Developers Lendlease have partnered with our employment service Newham Workplace and Stratford's Building Crafts College to train unemployed people in construction. We met some of the young recruits already working with the site's specialist contractor Prater.

Our important investment in the transformation of the Olympic Stadium will also offer residents unique access to sport and activity - the Morrisons Great Newham London Run this weekend being a fine example. And Newham has also negotiated the rights to nearly 350 social rented homes in the former Athletes Village, more than any other borough.

The promise we made in the original bid book from 2005 was that the 2012 Games would provide an opportunity to overthrow inequality. However, the Government's failure to invest in legacy puts all our hard work at risk. I will continue to use the opportunities the 2012 Games delivered to maximise the benefits for our residents and keep the promises we made ten years ago.

Mayor's view

Putting on a great show

Last weekend we were again reminded about what a fantastic place our borough is when more than 50,000 residents young and old came along to the Mayor's Newham Show and Carnival.

It was our biggest and best yet, with a record turnout for an event that brings so many people together to get to know each other and become neighbours and friends. And this year that was appropriate as we celebrate the 50th anniversary of Newham.

It was great seeing so many people getting involved checking out the entertainment and activity and chatting to local councillors about our plans for the future.

For me though the highlight was the Mayor's Newham Carnival on Saturday with more than 2,000 children from 22 schools dressing up in a colourful array of costumes. It was an amazing sunshine showcase of their design and artistic talents. They showed us all how proud they are to live in this wonderful borough of ours.

With young residents at the carnival

I hope you all enjoyed it and that you come along next year to have even more fun and make even more friends.

Remembering an honourable man

Remembering Alec Kellaway

We were heartened that so many local people, including family members, attended the unveiling of a plaque in Beckton to commemorate the life of ward councillor Alec Kellaway, who died last year following a short illness.

Alec was a dedicated Newham councillor for 27 years. The memorial is located near an apple tree by the Renfrew Rain Garden at the heart of the community he represented.

I will always remember him as an honest, honourable, hard-working and thoroughly good man who worked tirelessly to enhance the lives of residents. He was a lifelong campaigner for our borough and continues to be sadly missed by everyone who knew him.

Alec will be fondly remembered for many things, including making cakes for meetings and providing hot meals at St Mark's Church in Beckton. This plaque will act as a lasting memory of a man who dedicated his life to Beckton and its community.

with Sir Robin Wales

Make most of ar

The summer has arrived, and Newham Council's leisure provider, activeNewham, is offering a fantastic range of sports and outdoor activities for everyone, whatever your interests and level of fitness.

From learning how to play tennis to chilling out with yoga there's fun for the whole family at the borough's leisure centres, sports facilities and parks.

Courses and workshops are delivered by friendly qualified staff, ensuring you receive the best possible guidance and advice. Here are just some of the summer's highlights.

Free Swimming and Fun Swimming Sessions

Residents aged under 16 or over 60 can swim for free at Newham's leisure centres, and other members of the family can join in with Fun Swimming Sessions.

We provide the inflatables, toys and floats – book in advance to ensure your place!

Monday 27 July - Friday 28 August
Adult Casual Swim: £5.20
Adult Get Active Pay & Play: £3.75
Junior Casual Swim: £1.80
Junior Get Active Pay & Play: FREE

Intensive Swimming Lessons (3.5yrs+)

Whether you are a confident swimmer or need some guidance in the pool, there are lessons throughout the summer to improve your skills and confidence in the water.

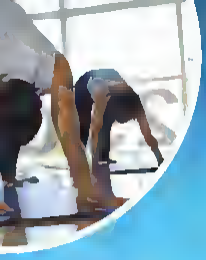
Baalam Leisure Centre, Plaistow E13 8AQ
East Ham Leisure Centre, East Ham E6 2RT
Newham Leisure Centre, Plaistow E13 8SD

Cricket (6-16yrs)

Improve your cricket skills with a three-day cricket course.

Monday 27 – Wednesday 29 July (10am-1pm)
Monday 3 – Wednesday 5 August (10am-1pm)
Monday 10 – Wednesday 12 August (10am-1pm)
West Ham Park, Junior Cricket Pitch, E15 3QJ

£5 per day or £12 for all three days. Pay and play on the day.



n active Summer

Free Female Only Box & Yoga

Get fit, flexible and have fun with sessions that combines boxing for fitness and yoga for relaxing and stretching
Tuesdays from 28 July – 8 September (5.15-8.30pm)
Newham Leisure Centre, Plaistow E13 8SD

Family Get Walking! (Free)

Come along to a friendly social walking session and do a few laps of Plashet Park to get you ready for the day ahead!
Monday 3,10,17, 24 August (10.30-11.30am)
Bowling Green, Plashet Park, Plashet Grove, E6 1BT

For information about these activities and courses, and everything else going on this summer please call **0300 124 0123** or visit **www.activenewham.org.uk**

Family Festival of Fun with Parklives

This summer, Coca-Cola Parklives invites you to a Free Festival of Fun in Newham's parks. It is a great way to get active and try new things.

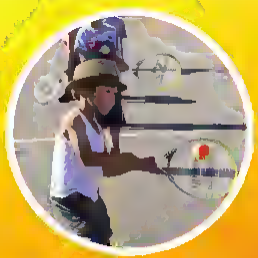
There's a wide range of free activities for all ages. Try family hulafit, turn back the clock with sack races and egg-and-spoon races at the Nostalgia Games, test your DJ skills or simply try a bit of Pilates.

Exciting new activities have been added to the Parklives programme, including rollerskating – for anyone over six years-old – and we provide the skates and the coaching. Traditional favourites are also on offer, such as basketball, tennis, cricket and rounders – perfect for the whole family.

Every day between 27 July and 6 September, selected parks in the borough will be hosting activities between 12noon-4pm.

For more information and a full timetable of activity, sign up today and book your free session – you could be in with a chance of winning a UK mini-break. **www.parklives.com**

The full timetable can also be picked up at any library, leisure centre or community centre. Parklives activities are suitable for all fitness levels. Children under the age of 13 need permission from a parent or guardian over 18 to take part, and will need to be supervised.



BIRMINGHAM REPERTORY THEATRE COMPANY
in association with THEATRE ROYAL STRATFORD EAST present

Anita and Me

NEWHAM DISCOUNT NIGHT
THU 29 OCT
£2 50 TICKETS
Available for Newham residents who are first time bookers (Proof of address required) Correct at time of going to pr

A PLAY WITH ORIGINAL MUSIC

By MEERA SYAL
Adapted by TANIKA GUPTA

29 OCT - 21 NOV

020 8534 0310

STRATFORD EAST.COM
THEATRE ROYAL STRATFORD EAST GERRY RAFFLES SQ, E15 1BN

...a people's theatre

£20 gets you more than a gym.

Join Newham's 4 leisure and fitness centres before 31 July and get 20 days' fitness for only £20

- The most up-to-date health and fitness equipment
- Swimming pools with FREE swimming for Newham residents aged under 16 and over 60
- Group cycling studios
- Outdoor football pitches
- Olympic standard running track
- Sports halls for badminton, basketball, cricket and hockey

To find out more call 0300 124 0123 or visit www.activeNewham.org.uk

Beckton Leisure Centre
14 Belgium Street
Plaistow E13 9AQ

East Ham Leisure Centre
324 Barking Road
E6 2RT

Manor Park Fitness Centre
404 High Street
Manor Park E12 6QN

Newham Leisure Centre
281 Prince Regent Lane
Plaistow E13 8SD

In partnership with Newham London

active newham

Amy's back in the swim of things

World class Paralympic athletes are returning to the iconic venues of the 2012 Games for National Paralympic Day on Saturday 26 July.

A day of fantastic sporting competition is on offer, with international para-swimming competitions in the London Aquatics Centre, alongside the final day of the Sainsbury's Anniversary Games, which will see the world's best para-athletes return to the former Olympic Stadium.

Amy Marren, 16, is taking part in the swimming events. Amy competed in the 2012 Paralympic Games at the age of 13, placing fourth in the S8 category 400m freestyle and fifth in the 100m backstroke.

She said: "It was the most amazing experience of my life. I went into the Games with no expectations, and I enjoyed every minute. In the past, I don't think the Paralympics were necessarily seen as equal to the Olympics, but the London Games propelled it on to a much bigger stage. The Aquatics Centre is a great venue and I'm looking forward to returning there."

Born in Plaistow, Amy is already a veteran of previous National Paralympic Days and relishes the atmosphere they offer. She added: "It's a really exciting day. Usually competitions are very tense environments, but this is more about having fun."

"The Aquatics Centre is a great venue and I'm looking forward to returning there"

National Paralympic Day coincides with the Mayor of London's Liberty Festival in Queen Elizabeth Olympic Park, showcasing the nation's finest talent in deaf and disability arts. Newham Council's activity provider activeNewham are also offering the chance to try sport taster sessions for free.

The Newham Mag has a pair of tickets to give away to watch the swimming sessions in the Aquatics Centre at National Paralympic Day. To be in with a chance of winning them, tell us how old Amy Marren was when she competed in the 2012 Games. Send your answer, your name, telephone number and address, to **Newham.Mag@newham.gov.uk** or to Newham Mag, 1000 Dockside Road, London E16 2QU before 22 July.

Tickets are also available for Newham residents with a 50% discount, subject to availability. To book, visit **bit.ly/NPDExclusiveOffer** and use the code **NPD50**

FREE UNDER THE STARS

Under the Stars is Newham's most popular music event, with more than 40,000 people flocking to East Ham's Central Park last year. Whatever your taste in music, Under The Stars' four free nights of music will have something to suit you. From Thursday 13 to Sunday 16 August, come down from 6.30pm each night for a party atmosphere and world class musical entertainment.

THURSDAY 13 AUGUST

Maxi Priest

The king of summertime hits, Maxi Priest is one of reggae's very biggest stars, known for his huge international hits including UK No 1 Close To You, Wild World, Some Guys Have All The Luck and Housecall. He topped the reggae charts once again in 2013 with his track Easy to Love, and come rain or shine will bring some sunshine and get everyone on their feet as Thursday's headline act.

Aswad

With more than 15 albums under their belt, Aswad are a defining force in British reggae, helping to popularise the genre in the UK when they formed in 1974. They are best known for their hit singles Don't Turn Around and Shine. One of the nation's best-loved reggae bands, they infuse their music with R&B and soul influences.

Janet Kay

Janet Kay, known as the queen of lovers' rock, made history in 1979 by becoming the first British-born black female to have a reggae song – Silly Games – at the top of the British charts. She is also known for hits such as Loving You, I Do Love You and That's What Friends Are For.

FRIDAY 14 AUGUST

A feel-good night of the best of Asian music... your hosts for the evening will be BBC Asian Network's Tommy Sandhu and DJ Moses from reality TV show Desi Rascals.

Sukahinder Shinda

Bhangra superstar Sukshinder Shinda, "The Music Man"... tops the bill. Known for working with top international recording artists, Shinda has also produced music for films such as Dil Apna Punjabi, Munde UK De, Shaheed Udham Singh, Teesri Aankh, Bulandi and Ik Kudi Punjab Di.

He has been garlanded with a number of honours around the world including best producer at the UK Bhangra Music Awards.

Jaaai Sidhu

Jassi Sidhu will set pulses racing with beats from his hit albums Reality Check and The New Adventures of Jassi Sidhu. He is also known for his world-class collaborations with the likes of Yo Yo Honey Singh, Malkit Singh and Rishi Rich, which have cemented his place at the top of the Bhangra industry for nearly 20 years.

Huaanain Lahori

YouTube sensation Hussnain Lahori will woo the crowds with the melodic voice which has caught the public's attention online. Among his most popular songs are Top 20 iTunes World Music hits Harjaee and Jag Nalo Sohni Tu as well as the covers Tum Hi Ho and Mein Tenu Samjhawan Ki, which launched his career.

Rubayyat Jahan aad Raja Kaahif

British-Bengali vocalist and Brit Asia Superstar finalist Rubayyat Jahan will team up with Raja Kashif to entertain the crowd in Bengali, Hindi and Punjabi. Raja Kashif is a UK-based Asian singer and music director who has released three albums in the UK – Pyar kar lay, Yaar tera sharmana and Haseen Raatein – and recently made his first Bollywood appearance in Dev Anand's Chargesheet.

Eternal Taal

All female dhol and dance group Eternal Taal have more than 16 years' experience teaching dhol drumming and Bhangra dance classes. They have performed on some of the world's largest stages, including Glastonbury Festival. Get up, feel the beat and join in with their dance workshop.

For more information visit **www.newham.gov.uk/UTS**

Follow us on Twitter **@NewhamLondon**

Find us on Facebook **www.facebook.com/NewhamEvents**

Look out for the next edition of the Newham Mag with a focus on Saturday and Sunday nights. Programme is subject to change.

Mayor of Newham

Sparkly shoes and rugby boots

Laura Wright, the nation's sporting soprano and England rugby team's first ever official anthem singer, didn't have to think too hard when asked whether she is a sparkly shoes or a rugby boots sort of girl.

"I have two lives in a sense," she said. "I'm sparkly shoes when I'm performing, but I'm absolutely a rugby boots girl at heart." Either make Laura the perfect choice for the final night of Newham Council's free Under the Stars extravaganza of music in East Ham's Central Park on 16 August.

This year the Sunday evening performance, complete with spectacular fireworks, is part of the national Festival of Rugby 2015. Laura will sing three solo rugby-themed anthems plus five duets with tenor John Pierce, alongside the Royal Philharmonic Orchestra under the baton of Paul Bateman.

> "I'm sparkly shoes when I'm performing, but I'm absolutely a rugby boots girl at heart."

Laura said: "I have three older brothers who all played rugby. When I was at school I tried to start a rugby team. I loved hockey and netball but I really wanted to play rugby and go against all those doubters who think women shouldn't play. I love the game. The crowds, the supporters, the players, the respect and teamwork. Everything about it is positive."

A graduate of the Royal College of Music, she was the first mezzo soprano to perform at the Olympic Stadium in 2012 during the Newham London Run. She returned to Queen Elizabeth Olympic Park in 2014 for the opening ceremony at Prince Harry's Invictus Games.

A familiar face at major sporting events, she has performed at boxing, triathlons, American football, rugby league and football occasions, including the FA Cup Final. She is also proud to have sung in front of thousands of fans at the home of English rugby at Twickenham Stadium for the past three-and-a-half years.

Laura said: "I am excited and honoured to be a part of the England set up and to be able to build a relationship with the fans who make the stadium come alive. I still get nervous in front of a Twickenham crowd, especially if members of the Royal Family are there."

At Under the Stars, Laura will perform Jerusalem and World in Union, which she hopes will play important parts in Rugby World Cup 2015. Five matches take place at the former Olympic Stadium in September and October. She said: "Lots of supporters will be coming from abroad to watch. It is a great opportunity for them to see how beautiful England is and for Newham and the other host cities to show their identity and personality."

It was while at the Royal College of Music that Laura began wanting to bring music and sport together. She said: "Schools need to have an all round offer and not excel in one thing. Many sadly don't. Support for the arts is important and to be able to get involved as young as possible is important. It is the same for sport."

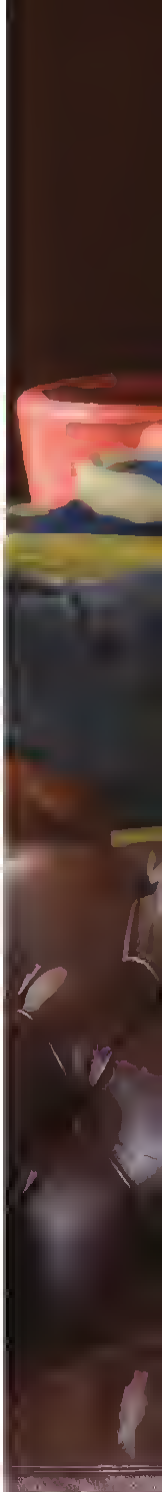
Laura is looking forward to Under the Stars. She said: "I love outdoor summer performances. When the sun is shining people bring a picnic and everything is so relaxed. I've worked with the Royal Philharmonic Orchestra before so I will enjoy that."

She has performed all over the world, including on the Great Wall of China, and with an array of stars from tenors Alfie Bow and Russell Watson to rock's Gene Simmons and pop's Donny Osmond. Her ambition is to duet with Barbra Streisand.

"They are pinch yourself kind of moments," she said. "But the only time I have ever been star-struck was when I first met Jonny Wilkinson, who won the rugby world cup for England in 2003."

Laura is now writing her own music and wants to develop her lyric writing. She also dedicates time to being an ambassador for SportsAid and the Nordoff Robbins music therapy charity. "I am just so lucky to be able to have my passion as my job," she said.

Under The Stars
Thursday 13 to
Sunday 16 August
Central Park, East Ham, E6
Gates open 6.30pm
www.newham.gov.uk/uts
For details about Laura Wright
visit www.laura-wright.co.uk



FESTIVAL
OF RUGBY
2015

Newham London

Parliamentary Election

East Ham and West Ham Constituencies

I the unders gned act ng returning officer for the above constituencies hereby g ve notice that I have rece ved the returns and declarations as to election expenses of the undermentioned candidates and nanc on agents

East Ham Constituency Candidates	Candidates' Agents
Mohammed Far d Aslam	Mohammed Farid Aslam
Lo s Aust n	Robert Severn
Sam r Jessul	Attic Rahman
Tamsin Julie Mucha Ormond	Ken Lyle
Daniel Charles Oxley	Daniel Charles Oxley
David Thorpe	Trevor Watson
Stephen Creswell Timms	Unmesh Desai

West Ham Constituency Candidates	Candidates' Agents
Festus Akinbusoyo	Timothy Charles Roll-P ckering
Lyn Carol Brown	John Grey
Rachal Anne Collinson	Ken Lyle
Jam e Ross McKenzie	Jam e Ross McKenzie
Paul Reynolds	Stephan e Ngonda
Andy Uzoke	S dney Clifford Cordle

These returns and declarations (including the accompanying documents) can be inspected at Room 3F Newham Town Hall E6 2RP dur ng office hours within the next two years.

I have not received the returns and declarations as to election expenses of the undermentioned candidate and election agent

West Ham Constituency Candidate	Candidate's Agent
Cydatty Bog e	Cydatty Bog e

Kim Bromley Derry
Acting Returning Officer

Newham London

NewShare

Newham Council's shared equity scheme

If you would like to own your own home in Newham but can't afford a large deposit or the cost of buying on the open market, NewShare could help you

Through NewShare, you could buy as little as 50 per cent of your home using a deposit and a mortgage, with a 50 per cent equity loan from us

For more information and advice on buying a home through NewShare visit www.newham.gov.uk/NewShare

in partnership with

site sales

What's 'App-ening in Newham

Newham is a busy place, with a diverse community and no shortage of things to do. As well as the council's programme of free events, like the Mayor's Newham Show and Under The Stars, Newham's eight Community Neighbourhoods work together with residents across the borough to organise activities, classes, events and special occasions for everyone to enjoy

You can see from the Newham Mag's What's On Listings (p34) just how much is going on – there's so much that it's a struggle to fit everything in one place. Fortunately, a new app has been launched to help you make the most of what's going on in Newham, and make sure you don't miss a thing.

The app, called What's on in Newham was showcased last weekend at the Mayor's Newham Show, with the Community Neighbourhoods team and the Mayor on-hand to show residents the ropes.

The app is organised by individual neighbourhood so if you want to find out what's happening five minutes from your doorstep it will tell you. It's a great way to find out how you can entertain the kids during the summer holidays, or find out what classes or activities you can try for yourself.

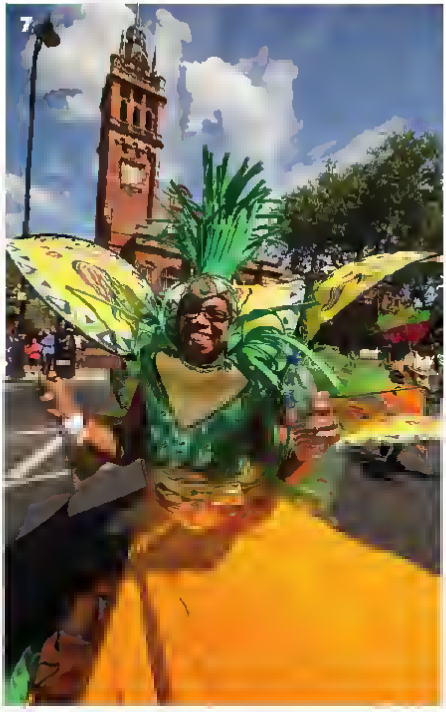
It is free and available to download from Apple and Android devices. The app covers a wide range of events and activities available in your local library, community centre and sports centres. It also has all the details of larger events in Newham such as the summer music extravaganza Under the Stars.

Councillor Ken Clark, cabinet member for building communities, public affairs, planning and regeneration, helped to launch the app at the Mayor's Newham Show. He said: "Our Community Neighbourhood Teams do a great job of bringing people together, and this app will prove invaluable for people who want to get involved with everything that's going on here in Newham and be an active part of their community."

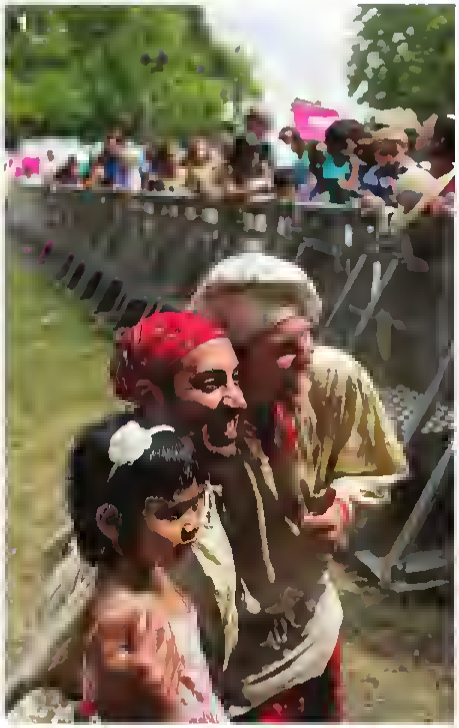
You can get a link to the app stores here www.newham.gov.uk/neighbourhoodevents or scan the QR code opposite

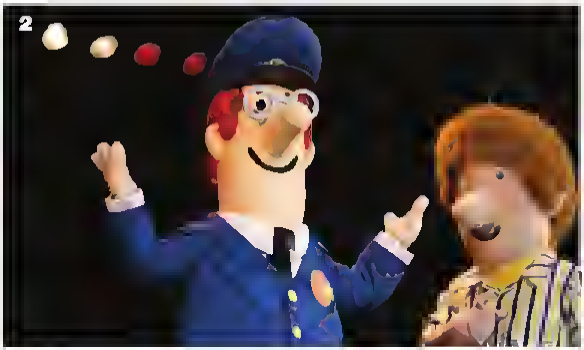
Over the weekend of 11 and 12 August, more than 50,000 of you flocked to Central Park in East Ham. The Mayor's Newham Show offered two days of free, family fun, including Saturday's Carnival, which was bigger and brighter than ever as we celebrated the borough's 50th birthday. Thanks to all who attended, whether you participated in the Carnival, lined the route, or enjoyed the festivities in the park. Here's just a small taste of how residents enjoyed the weekend.

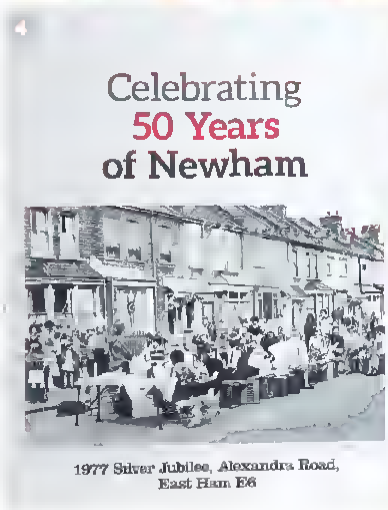
Mayor's Newham Show in pictures



1 Young man at work! Making the most of Saturday's sunshine on the beach **2** How low can you go? Limbo got limber in the Cabaret Tent **3** Here comes the carnival! Celebrating our history **4** Par for the course! Trying a spot of crazy golf **5** Disabled and able bodied players tried out wheelchair sports with Paralympic gold medallist Hannah Cockroft **6** That's another story! Stratford's Discover Children's Story Centre got kids telling tales **7** The Carnival hots up outside Newham Town Hall







1977 Silver Jubilee, Alexandra Road, East Ham E6

Mayor's Newham Show in pictures

More than 50,000 residents went to East Ham's Central Park for the Mayor's Newham Show and Carnival.

1 A pirate's life for me! Stars of CBBC's Swashbuckle entertained kids on Saturday **2** While Postman Pat was a star of the show on Sunday! **3** A head for heights! Youngsters tackled a high ropes course **4** Newham's Golden Year! Marking the borough's half century **5** Bulldog spirit! England's rugby mascot Ruckley got into the swing of things **6** Splash! Cooling off at the seaside! **7** A song for Newham! Crowds enjoyed entertainment offered on the main stage **8** Jump around! activeNewham got people springing into action

Newham London

IT'S NOT YOURS TO GIVE

If you are a council tenant subletting your property, you could end up in prison.

ACT NOW!

To avoid prosecution, return your keys before

1 September 2015

Telephone: 020 3373 3261

www.newham.gov.uk/keys

TIME IS RUNNING OUT!

Parking in Newham: What You Need to Know

From 1 August, the costs of some parking permits in Newham are changing. Although we remain one of only two London boroughs that give you free parking for your first car, the cost of other permits will be increased.

Extra money that is raised from the price increase expected to be around £400,000 will go towards maintaining and improving Newham's roads, which costs more than £6m per year

What's staying the same:

- Permits for a household's first car will remain free. Last year, almost 23,000 residents benefited from this scheme
- The cost of ten-hour visitor permits (books of five sold for £15)
- The cost of 24-hour permits (books of five sold for £25)
- Residents without cars still benefit from the Mayor of Newham's promise of 30 free visitors' permits per year

What's changing:

- The cost of a permit for a second car will increase from £70 to £100 a year – a daily cost of 32p based on a six-day week
- The cost of a permit for a third car will increase from £150 to £200 – 64p a day
- The cost of six-hourly visitor permits will rise from £10 for ten permits to £12.
- Residents will be able to buy a maximum of 20 visitor permits a month, although additional permits will be made available for specific occasions such as weddings and funerals.
- The cost of business permits (quarterly permits up from £150 to £200; six-month permits up from £300 to £350; annual permits up from £500 to £600)

Councillor Ken Clark cabinet member for building communities, public affairs, regeneration and planning, said: "Faced with more harsh and unfair cuts to our budget from the Government, we have looked at all services to see where savings can be made so we can protect the things that matter to residents. It has been two years since the council last changed the costs for parking permits. No one likes to see their costs increasing and it is not a decision we have taken lightly."

For more information, visit **www.newham.gov.uk/parking**

Streetwise crew just got to dance

Omar Ansah-Awuah, 26, is a teacher at Rokeby School in Canning Town and the founder of dance group IMD Legion. The young dancers were a huge hit at the Mayor's Newham Show and recently wowed millions of TV viewers in a live semi-final of Britain's Got Talent. According to Omar, the only way is up for his talented troupe.

Omar and IMD Legion

"I started IMD Legion about six years ago," he said. "I had just started teaching at Rokeby School and was forging a career for myself in dance, both as a performer and a choreographer.

"There was a real appetite for an after-school club, and the kids that joined wanted to do competitions. We won the first tournament we went to, and then we started representing Newham in London-wide events and won a lot of those too. We won the UK Street Dance Championships at under 13 level and from then on I put my own career on the backburner and started working solely with IMD Legion.

"We never expected it to go as far as it has. The kids were always asking to do more, so I tried to give them the opportunities they were asking for. We went from being an all-boy group at Rokeby to having girls from other Newham schools. Now we have members that come from Bristol, Kent and other parts of London."

The current membership is 25 young people aged between nine and 18, but could get bigger. Though they are getting great opportunities to perform, funding for things like uniforms and travelling is a struggle. Omar thinks the next step is the creation of a dance academy.

> **"They learn to work as a team, and prove you can push boundaries and succeed."**

He said: "We recently qualified to represent the UK in Hip Hop International in San Diego in August – it's like the Olympics for street dance – but it's been a difficult organising our trip because there is not much funding available.

"But being in IMD Legion is an education. The kids don't just dance, they learn how to be strong and powerful in the face of adversity. They learn to work as a team, and prove you can push boundaries and succeed.

"All young people can go off the rails sometimes, and I've heard people say that the reason kids do bad things in more deprived areas is because they've got nothing to do. I think all kids have the potential to do stupid stuff, but if our kids go off the rails, they know they won't get to continue being a part of this. We've given them a place to fix themselves up. We won't accept bad behaviour. They have something good and they are reminded of that.

> **"We're not just representing ourselves, but youth across the country."**

Being part of IMD Legion means the kids are making plans for their futures. They realise if they work hard, they can achieve things. I give the 13 and 14-year-olds responsibilities and ask them to take charge and lead in some situations. By the time they're 18, that's normal for them. Now they don't want to sit back and they don't shy away from responsibility.

'Over the years we've been on Britain's Got Talent, Got to Dance, CBBC and other TV appearances. It's an amazing feeling, and you're proud to be there, but it's not as easy as it looks.

"We're not just representing ourselves, but youth across the country. A minority of young people have done some very stupid stuff in the past few years, for example during the London riots, which has given young people a bad name. So we feel a responsibility not to let people down, and to be brilliant."

If you are interested in finding out more about IMD (Intelligent Minds Dance) Legion visit www.imdance.co.uk or email imdofficial@hotmail.com

Newham London

£50m That's how much the council has to save next year

Due to deep Government cuts and other cost pressures, we need to save £50m from the amount we spend next year.

We know that the services we provide are really valued by local people. We want to hear from you about the difficult choices we face to help set our budget.

To find out more, please visit
www.newham.gov.uk/budgetchallenge

Don't let litterbugs rubbish Newham

Newham Council takes anti-social behaviour very seriously. Fly-tipping and littering are criminal offences and every month we take people to court who have littered, dumped or made a mess in the borough.

Though it is only a small minority of people committing these offences, this behaviour is damaging to our environment and our local communities. We are currently having to spend more than £8 million each year cleaning up fly-tips. In the face of severe Government cuts, the council has to make savings of £50 million over the next year.

Last year we issued more than 3,300 Fixed Penalty Notices (FPNs) to residents and visitors for a range of environment crime offences, including fly tipping and flyposting, waste in front gardens, littering and illegal street trading. Unfortunately, there are offenders who believe they're above the law and fail to pay their fines.

The pictures on this page show people we want to question about for anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the picture.

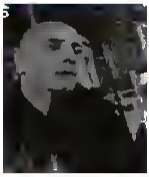
To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute you, including publishing a photograph of you if we need to establish your true identity. Contact us now to pay your fixed penalty notice, as you may be ordered to pay a far higher price by the courts when you are prosecuted.

Ref: 90008970

Ref: 90021307

Ref: 90021308

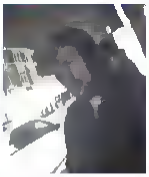
Ref: 90037249



Ref: 90020915

Ref: 90020831

Ref: 90030919



Ref: 90037035

Ref: 90041399

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement**

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

Call 020 3373 4479 and quote the reference number beside the picture.

CAUGHT ON CAMERA

Newham London

Share your views and help improve Newham through better connections and neighbourhoods for local people.

PASTA

You can earn rewards for your time.

www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 608624-2

Newham London

Green Street Community Neighbourhood

Market Games

Are you 9-19 years old, or up to 25 and consider yourself to have a disability?

Take part in FREE sports events and enjoy a range of activities from BMX cycling and penalty shootouts to non contact boxing and wheelchair basketball at Queens Market, Green Street E13 on

Wednesday 29 July 2-5pm
Wednesday 5 August 2-5pm
Wednesday 12 August 2-5pm
Wednesday 19 August, 2-5pm
Market Games' 1 year Anniversary
Monday 24 August 2-5pm

For further information contact activeNewham on 0844 414 2728

active

Don't ignore it, report it!

Newham London

Download the free
Love Newham app now at
www.newham.gov.uk/lovenewham

Love Clean Streets

Capture the flag, and be part of Rugby World Cup 2015

Teenagers in Newham are being offered the once-in-a-lifetime chance to act as flag bearers at Rugby World Cup 2015, leading out a team in the Olympic Stadium.

England player and Emirates ambassador for rugby Ben Foden will launch the competition in our borough, open to anyone aged 14-16. This will be the final stage of a nationwide tour of the Emirates flag, which will be hidden somewhere in Newham on August 1.

Eager rugby fans will have to crack the clues shared on social media on the day to be in with a chance of winning.

Hopefuls will need to solve the photographic clues on Emirates' Facebook, Twitter and Instagram pages, and find the flag between 9am-9pm on 1 August. Once located, entrants need to upload a selfie of themselves with the flag, using the hashtag #EmiratesFlag to be in with a chance to win.

As well as being put in the draw to fly the flag at the Olympic Stadium, all those who enter will also be entered into a draw to win the honour of leading out one of the world's best teams for the Final at Twickenham on 31 October.

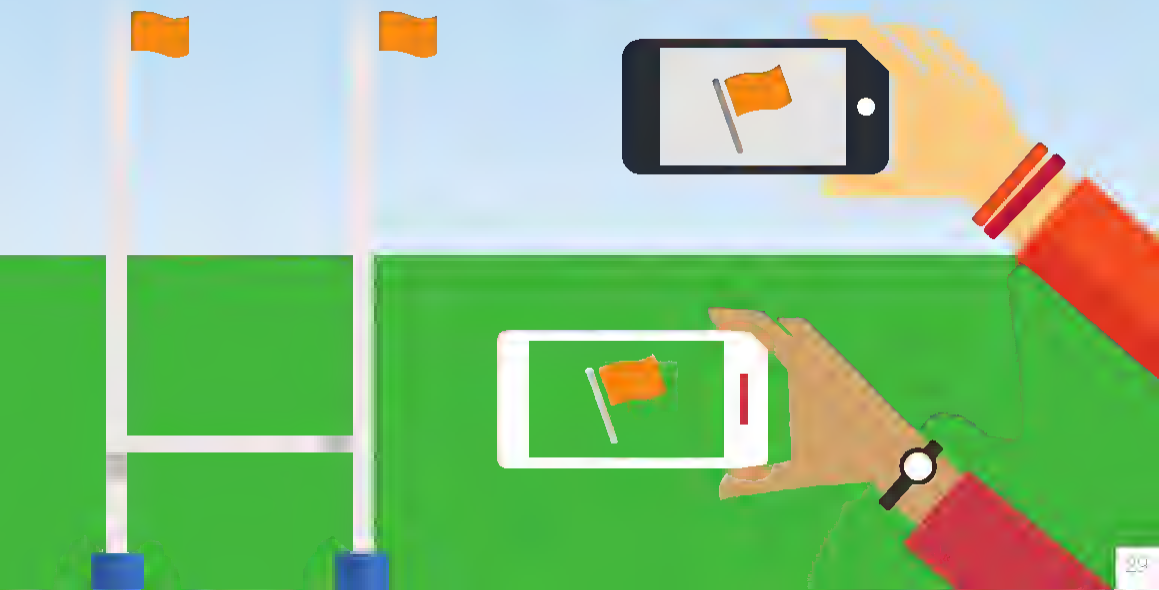
Newham's Young Rugby Ambassador Alex Pearmain is encouraging all those eligible to grab their chance. He said: "Walking out into a stadium packed full of supporters for an top international fixture will be a dream come true for young rugby fans. Those aged 14-16 have the chance to follow in the footsteps of sporting greats, and be part of bringing rugby home to the Olympic Stadium."

Make sure you're looking out for the flag on 1 August, and it could be you leading some of the world's greatest players onto the pitch this Autumn at Rugby World Cup 2015.

To enter the Find the Flag competition check social media channels on 31 July for clues regarding the flag's location.

Facebook – like the following pages:
Newham Council
Emirates

Twitter – follow
@Emirates
@NewhamLondon



Great sporting weekend in store

Thousands of people are pulling on their wetsuits and lacing up their trainers for two great sporting challenges taking place this weekend.

On Saturday (18 July) open water swimmers are taking the plunge for the Great Newham London Swim in Royal Victoria Dock. People are swimming either a one-mile or half-mile distance. The first race starts at 9.30am.

On Sunday (19 July) the former Olympic Stadium and Queen Elizabeth Olympic Park hosts the Morrisons Great Newham London Run.

The race is staged over 10K, with an additional 2K family run and team relay also taking place. All races finish inside the transformed stadium. The first starts at 9.30am. Mayor of Newham Sir Robin Wales and marathon world record holder Paula Radcliffe will be helping to send runners on their way.

For more information about the events visit www.greatswim.org and www.greatrun.org/newham

St Antony's budding business leaders

Pupils at St Antony's Primary School in Forest Gate are learning the importance of business in a new after-school club in partnership with neighbouring St Antony's Church.

Students use IT skills to produce photographs, newsletters and other digital products and sell them to parishioners, with the funds raised going towards the church building fund, which requires extensive renovation.

St Antony's parishioner and teacher, Olivea Ohonmele, says the project teaches pupils how to set up businesses, developing their English and Maths abilities. She said: "The unique selling point is that the kids do it all themselves, it's valuable work experience and it also raises money for a good cause."

Live music to look forward to

Damnably, a Stratford-based record label, have teamed up with Vacilando '66, a Forest Gated-based record label and publishing company to present an intimate one-off gig in Stratford coffee house Moka East, The View Tube, Mersrgate Lane, E15 2PJ on Friday 18 September. The venue is small, and tickets are going fast.

Headline act Tom Brosseau is a songwriter and singer from Los Angeles, who has toured all around the world. His new album, Perfect Abandon, has received critical acclaim September's gig will also feature French singers Marianne Dissard and Capt. Lovelace, and Russell and The Wolf Choir, who travel just down the road from Romford.

For more information and to book tickets visit www.wegottickets.com/event/324160

Local Plan Consultation

The Local Plan is a set of documents that act as a roadmap to tell developers what we expect in Newham. It outlines the council's plans to make the best use of the space and opportunities we have, and ensure the benefits of economic development and regeneration are spread throughout the borough. We are currently consulting on a new document which, among other things, will:

- protect town and local centres and local shopping parades to keep them within walking distance;
- maintain and manage areas for job-generating business uses,
- determine 'how many is too many' for nuisance uses like betting shops and takeaways;
- require all housing to be designed and managed to a minimum standard of quality,
- help ensure neighbours are not unfairly impacted by things like noise or nuisance parking;
- protect the borough's green spaces,
- identify the sorts of locations suitable for community facilities

To view the Detailed Sites and Policies DPD visit www.newham.gov.uk/planningconsultations by Friday 14 August. Comments should be submitted to the council by emailing ldf@newham.gov.uk

50 Years of Newham

50 years party weekend in Stratford

Newham's 50th birthday is being celebrated in style with a street party weekend across Stratford and at the gateway to Queen Elizabeth Olympic Park (QEOP)

Two days of free fun takes place on 1 and 2 August organised by the council's Stratford & West Ham Community Neighbourhood team, developers Lendlease and Stratford Original

On Saturday from midday to 5pm, various activities including buskers, a tea dance with a 50th celebration birthday cake, fairground rides fancy dress, memory trees and heritage displays, films, children's entertainers and music, is being staged at four venues – Stratford Library, St John's Churchyard, Theatre Square and The Grove

On Sunday at The Stitch, the entrance to QEOP in Westfield Avenue, from midday to 5pm, you can enjoy 1960s flavour music and dancing, children's games and craft activities amongst others

For more information call Stratford Library on 0203 373 0626.

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Aisha Maraicar, 5

Rachel Holmes, 7

Delux Shala Rau, 6

Ishtar Kubiak, 7

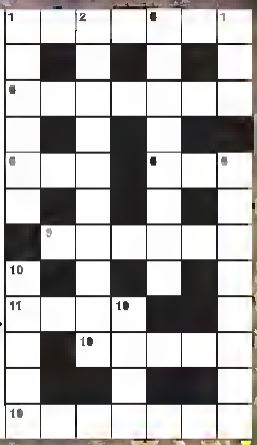
Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your full name, age address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

Stratford Picturehouse, Vicinity Square, E15

Colour-me-in Crossword



Across

1. Young pilchard (7)
5. 2015 FA Cup winners (7)
6. Long period of time (3)
7. Siamese or Persian (3)
9. Eiffel Tower country (6)
11. Wedding band (4)
13. You dry yourself on one (5)
14. Structures across rivers (7)

Down

1. Footballer who joined Barcelona from Liverpool (6)
2. Eating-place (10)
3. Not guilty (8)
4. Snakelike fish (3)
8. Shakes (8)
10. Very small piece of bread (5)
12. Precious metal (4)

Poem

The Beastly Bear

Its single bite
can make you go pale white.
Its hurling roar, can pop your ears
and make you burst into tears.
Its mouth is as wide as the black hole
and right above it, is a small, round mole.
Even though he is on a full fish diet, until he dies
He still loves eating blueberry pies,

The way he eats is very messy
But, if he is feeling posh, he eats like the majesty.
He is extremely tall and a bit fat
He also wears a tall, brown hat.
He doesn't have many friends with him
As he has committed a lot of sin.

Lakshima Weragoma, 12

TURN TO PAGE 38 FOR VENUE DETAILS

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1. **Stratford Jungle** – Sat 25 July 2-5pm Play Sow and Grow Community Centre, Gay Rd E15 2RN A party for all ages, with music activities and relaxation in a garden setting For info call **07931 239 073**

2. **Hartley Centre Table Top Sale** – Sat 25 July, 12noon 4pm at Hartley Centre, Barking Rd, E6 1LB Raffle, bric-a brac face painting, cakes balloon modelling and refreshments For more info, email **newhamtablesale@yahoo.co.uk**

3. **Newham's 50th Anniversary Garden Party** – Sat 25 July, 12-4pm, Priory Park, Grangewood St E6 and Urban Wilderness Community Gdn First Ave E13

MENTION THE MAG...

A new yoga school in Stratford is inviting residents to come and try their classes for a discounted price The Pachamama Yoga School run Hatha and Yin yoga classes on Monday evenings at 6.30pm at the Timber Lodge Cafe, Olympic Village Stratford E20 1DY Until August 17, you can take advantage of a discounted £5 lesson by mentioning the Newham Mag

Pachamama's staff work or have worked in the NHS and strive to encourage physical wellbeing in their local community All levels, from beginners to experienced yoga lovers are welcome For more information on the school, visit **www.pachamamayoga.co.uk** or follow them on Facebook.

TRY SOMETHING NEW... AT DISCOVER CHILDREN'S STORY CENTRE

As part of Newham Council's Reading Guarantee, children, parents carers and community groups who live or work in Newham can visit Discover for free from Monday 27 July to Wednesday 12 August (You must bring proof of your home or work address)

For the duration of the summer holidays, Discover will be hosting interactive Story Trails craft workshops, games, and play in the outside garden For the full listings visit **www.discovar.org.uk**

For more information, and to book, call **020 8536 5555** or email **bookings@ discovar.org.uk**

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 10 30-11 30am, Beckton

Rhyme Time
Mon, 4-4 45pm Canning Town

Storytelling
Mon, 11am-12noon, Tues, 10-11am Beckton Globe, Tues, 10 30-11 30am Canning Town Thurs 9 45-10 45am, East Ham, Tues 10-11am, Sat 11 30am 1pm Green St, Fri, 10-11am, Manor Park; Thurs 2 3pm, North Woolwich Tues 10-11am, Thurs 2-3pm Plaistow; Tues and Fri 11am 12noon Stratford

Stay and Play
Support for parents and carers to develop their child through play Term time Tues 9 30-10 30am Jeyes C C Tues, 10am-12noon, Grassroots, Thurs, 1 2pm, North Woolwich, Tues 11am 2pm, Thurs, 11am 12pm, Sat, 11 30am-1pm, Green St

Music and Movement
Sessions for parents/carers and children Mon 10 30 11 30am Grassroots

Baby Sing-a-Long
Thurs 1-1 30pm, North Woolwich

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess, Checkers, Ludo, Pictionary and more. Term time. Thurs 4 6pm, Green St and Custom House Sat 2 30-4pm, Manor Park

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more Tues 3 30-5 15pm Custom House, Mon, 3 30-5pm, Plaistow;

Thurs, 4 6pm Canning Town
Wed 3.30-5pm Forest Gate

Homework Club
Fri 3.30-5.30pm Canning Town
Fri, 4-5pm, Beckton,
Fri 4.5.30pm East Ham

Froud Young Project (7-16yrs)
Activities for young people Mon, 3.30 5.30pm, Jack Cornwell C C

Childrsn's Movie Club
Booking essential Thurs 4.6pm 7.12yrs The Gate, Sat, 3.30-5pm, 0-13yrs (under 8s must be accompanied by an adult), Green St

Arts and Craft Workshop (5+yrs)
Mon 3.30-5pm, Fri 3.30 5pm Sat 1.2pm Green St Tues, 4-5pm Plaistow, Sat 2.3pm Canning Town Sat, 2.3pm, Custom House

Young Readers Club (7-12yrs)
Read and discuss your favourite books Tues, 4.5.15pm North Woolwich, Sat 10.30am 12noon Manor Park

Childrsn's Movie Matinee (0-13yrs)
Sat 3.30 5.30pm, Green St

Let's Start Sewing (7-16yrs)
Beginner sewing classes Sat, 12noon-3pm, Woodman C C Woodman St, E16 Email theteam@ketoundation org uk

Spelling Bee Club (7-13yrs)
Tues 3.30 4.30pm, Green St

Spanish Club (7-14yrs)
Weds, 4-5pm, Beckton Email vane_macia@hotmail es

Movie Matinee
Family friendly movies for all
Weds 29 July 2pm Plaistow

ACTIVITIES AND SUPPORT

Time-2-Craft (16yrs+)
Sat 10am 12noon Stratford

Chess Club
Mon, 5.30-7.30pm, and Thurs, 5.30 7.30pm, East Ham
Weds 3.30 5pm Green St
Thurs, 5.30-7.30pm, Stratford
Fri 3.30 5.15pm The Gate

Coffee Mornings
Mon, 11am-12.30pm, North Woolwich, Tues 10.11.30am, Beckton, Tues 11am-12.30pm, Custom House; Thurs, 10-11.30am Canning Town Fri, 10-11am, Jeyes C C

Do it Online (18yrs+)
Six or eight-week basic computer training Advance booking required, contact library directly Tues 10am 12noon and Thurs 10am 12noon The Gate Tues, 10am-12noon East Ham, Tues 10am 12noon and 2.4pm, Plaistow Mon, 10am-12noon, Manor Park Weds, 2.4pm Stratford Tues 11am-1pm, Thurs, 10am-12noon, Green St, Thurs 10am-12noon Katherine Rd C C Wed 10am-12noon, Plaistow

Knit & Natter (16yrs+)
Weds, 10am-12noon, Beckton, Fri, 10.30-11.30am Canning Town Fri, 10am-12noon, East Ham, Tues, 10.30am 12.30pm Manor Park Weds, 10.30am-12.30pm, Green St

ICT Surgery
IT advice for all ages Mon, 10am 12noon and 2-3pm Plaistow Wed, 10.30am-12noon Stratford, Fri 2-4pm Canning Town

Weekly Get Together
Try new things Weds 10.30am-12.30pm, Green St Call 020 3373 0857

Love Newham app drop-in Learn how to report issues via the app Mon, 10.30 11.30am The Gate

Community Links Drop In
Debt, housing and benefit advice Call 020 8548 9825 to make an appointment Thurs 29 July, 3.30 5.30pm Katherine Road C C Call 020 8548 9845
Mon 20 July, 12-2pm, Green St Call 020 3373 9857

ICT Grsp-in Session
Set up a My Newham profile and create an email account Fri, 10am-12noon The Gate
Fri, 10am-12noon, Green St

Bingo Night (18yrs+)
Thurs 6.7pm, Green St

East Ham Youth Zone
Sony PS4, DJ decks and other activities Tues 4.7pm East Ham

Happy Living Club
Indoor and outdoor activities for over 50s Tues and Weds, 1.30-5.30pm, Jeyes C C

Safer Neighbourhood Team Grop-in
Tues 28 July 11am 12.30pm, Custom House Thurs 30 July 10-11.30am, Canning Town, Fri 12noon 1pm Stratford

Deafroots Geaf Club
Learn new and exciting things. Mon 1.30-3.30pm, Stratford Members £1, Non-members £2

Silver Surfers IT Course
Fri 2.3.30pm Beckton

Support in Action
Thurs, 12noon-4pm, Jeyes C C

Martial Arts (16yrs+)
Tues 5.6pm Jack Cornwell C C

Get on Terget Business Advice Surgery Tues, 12noon-2pm North Woolwich Call 07931 576 483 to book

SpEC Speaking English with Confidence
Mon, 10 11am, North Woolwich, Mon 10 11am Plaistow Mon 11am-12noon, East Ham, Mon 10-11am Weds 10-11am Thurs 10-11am, Green St Tues 1.30-2.30pm, Thurs 6-7pm, Sat 10am-12noon Stratford Weds, 10 11am Manor Park Weds, 11am-12noon, Canning Town, Weds 11am 12noon, The Gate

Chai and Chat Women Group (18yrs+)
For women who use mental health service. Weds, 10.30am 12.30pm, Plaistow

Ebony East Steel Pan Academy
Tues 4.30 6.00pm (11 16yrs) Weds 3.30-5.30pm (8-11yrs), One Love Community Centre 1 Bishops Ave E13 0PU Call 07565124701 £4, 1st session free

Friday Film Club
Fri, 2pm, Plaistow

Newham Steelband Sessions for beginners
Tues and Thurs 6.30 8.40pm Canning Town Caravanseral 110 116 Silvertown Wy, E16 £4 To register call 07927 644 629

Work Place Grop-ins
Weds 22 July, 2.4pm, Stratford For more information email rehana b@newham gov uk

Sewing Bees (18yrs+)
Sat, 2-4pm The Gate

CYANA
Cancer You Are Not Alone, Information and advice Thurs 23 July, 3-5pm, The Gate

Adult Reading Groups
Sat, 12noon 1pm, Green St

Rabbits Rd Institute Conversation Club
Thurs, 10-11am, Manor Park

Community Networking Morning
Weds 29 July 10am-12noon The Gate

Writers Group
Thurs 30 July, 5.45 7.30pm, The Gate

Gamers Group
Monthly social club for adults with Asperger's Syndrome and High Functioning Autism. Thurs 23 July 1-3pm, Plaistow

Together We Can Fortnightly social group for adults under 50 who have had a stroke Fri 24 July, 2.4pm Plaistow

Table Top Sale
£5 per table Sat 25 July, 9am-2pm Jack Cornwell C C

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) A free home based meet up, Weds, 1-3pm for expectant parents and those with babies Email newhamnct@hotmail com

Meet and Grset
Mums, Bumps and Babies
Fri in various cafes around

Newham. Visit www.netmums.com or email jojostevie@live.com

Royal Docks Learning & Activity Centre
Mon, Needlecraft, 10am-12noon, £2. **Tues,** Parent and Toddler Group, 10am-12noon, £1. Bingo, 10am-12noon, £1. **Wed,** Keep Fit, 10-11am, £2. Employment 1-2-1 support, by appointment. Creche available. **Thurs,** Tai-Chi, £2, first session free. 10.30am-12noon, Line Dancing, £1, first session free. 1-3pm. **Mon-Fri,** After School Club for Gallions, Britannia Village, St Joachim's and Drew primary schools. **Mon-Fri,** Open Access After School Club, 4-6pm, £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7476 1666. Visit www.rdlac.org.uk

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed, 3.30-5pm. Little Ilford School, Browning Rd, E12. £1

Senior Volunteer Police Cadets (13-17 yrs)
Wed, 6.30-9pm. Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16. £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm. East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs. Mon to Fri, 5-9pm, 14+yrs. Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16yrs+)
Fri, 4-5pm. Katherine Rd C.C

Stratford Judo
Competition training, juniors (8-14yrs), Tues and Thurs, 6.30-8pm, seniors (15+yrs), Tues and Thurs, 8-9.30pm. Beginners, juniors (8-14yrs) Wed, 6.30-7.45pm, seniors (15+yrs) Wed 7.45-9.15pm. From £2-£5 per class. Carpenters and Dockland Centre, 98 Gibbins Rd, E15. Call 07985 601 260. www.stratfordjudo.com

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-16yrs), 5-6pm. Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon. £2. 2 London Rd, E13. Call 020 8472 3614

Newham Shoujin Karate
Fri, 6-7pm and 7-8.30pm. Sun, 10-11am. Under-15yrs £4, 16yrs+ £6, concs £5. Newham Leisure Centre, E13. Call 07508 070 638

Docklands Shoujin Karate
Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under 15s £4, 16+ £6, concs £5. UEL SportsDock. Call 07766 685 689

HEALTH AND FITNESS

Janice's Fitness
Mon, 7.15-7.45pm, flatter abs, £3. The Hartley Centre, E6. Call 07818 000 643

Twisted Pink Street Dance
7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. £3. Call 07961 544 017

Zumba fitness
Mon and Weds, 7-8pm. £5 and £4 for 2nd class. Vicarage Ln Community Centre, Govier Cl, E15. Call 07500 898 665

Zumba
Weds and Thurs, 7-8pm. London Tamil Sangam Centre, 396 High St North, E12 6PG. £5. Call 07720 805 505

Unity Zumba
Mon, 8-9pm: Hartley Centre, Barking Rd, E6. Tues, 8-9pm, St Mark's Centre, Tollgate Rd, E6. Weds, 8-9pm, Hartley Centre, Barking Rd, E6. Thurs, 8-9pm, St Mark's Centre, Tollgate Rd, E6. Sun, 6.30-7.30pm, The Well Community Centre, Vicarage Ln, E6. £5. Call 07886 884 573

Let's Yoga
Thurs, 6.30-7.30am, Grassroots, £5. Sat, 10am-12noon, Jeyes C.C, £1. Wed, 7.9pm, Jeyes C.C, £1. Thurs, 7-8.30pm, Field C.C. Free

Lee Valley Cycling (12-25yrs)
Wed, 4.30-6pm, Lee Valley VeloPark, £5 or £50 for 12 wk course. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Indoor Tennis
Mon, 6-8pm. Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Mini Tennis
Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs. Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs. £50 for 10 sessions. Email michelle.daniel@activeNewham.org.uk

Outdoor Tennis (14-25yrs)
Fri, 5-7pm. Stratford Park. Email michelle.daniel@activeNewham.org.uk

Tone-Tastic (18yrs+)
Mon, 2-3pm (free). Fri, 10.30-11.30am (£1.50). Field C.C

Salsa Dancing (18yrs+)
Tues, 11.45am-12.45pm, Field C.C

Ballroom Dancing (18yrs+)
Thurs, 2.30-4pm. Field C.C

Athlefit
All ages and abilities. Wed, 11am-12noon. Jack Cornwell C.C

Zumba
All ages and abilities. Tues, 10.30-11.30am. Field C.C (£1). Mon, 9.30-10.30am, Jack Cornwell C.C (£3). Fri, 9.30-10.30am, Jack Cornwell C.C (£2, over 50s free)

Aerobic Exercise
Workout and body stretching. Tues, 9.30-10.30am, Jack Cornwell C.C. £2

Zumba fitness with Jess
Tues, 5-6pm, Focus E15, Brimstone House, 10 Victoria St, E15 4NX (Free). Sat, 10.30-11.30am, Weds, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE, £2.50. 07884951484

SalsaPam Zumba (11+)
Mon 6.30-7.30pm. Thurs 6.30-7.30pm. Queens Rd West Community Centre, E13 0PE. £5 per session or £25 for a one month pass (approx. £3 per class)

50+ ACTIVITIES

Det Active, Det Healthy – Walk to the Park
Mon, 10.30-11.30am, Manor Park

Age UK East London Nordic Walks (18+)
Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13. Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

Health Walks
Mon, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120. Tues, 10am, meet at Pret a Manger at Stratford Station. Call 0300 124 0123. Tues, 1.30pm, meet at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 0844 414 2728. Wed, 10.30am, meet at Hamfrith Centre, McGrath Rd, E15. Call 07870 291 120. Thurs, 1.30pm, meet at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744 555. Thurs, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120. Fri, 10.30am, meet at St Mark's Community Centre, Tollgate Rd, E6. Call 07908 744 555

Newham Striders
Daily walking group. Call 0300 124 0123

Nordic Walking
Wed, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429.
Fri, 6.30-8pm. Meet at

Newham Leisure Centre E13
Sun 10-11 30am Meet at East Ham Leisure Centre, E6

Young at Heart Bingo Club
Mon, 12noon-4pm, £1 Jeyes C C

Ballroom Gancing
Mon 10am-12noon, St Paul's Church Centre Burges Rd, E6 £2 50
Call 07761 209 463

Active Centre Bingo (50+yrs)
Thurs 7-9pm Jack Cornwell C C
Mon, 12noon-4pm Jeyes C C

Over 50s club
Thurs, 10am-12noon Beckton

ICCAN
Faith based group with cultural activities. Fri 12noon 2pm Jeyes C C

Active & Connected
Social group for gay and bi men Last Thursday of each month For info call 020 7791 2855

Active Centre 50+ Group
Weds, 12noon 4pm, Field C C

Dominoe Group
Fri 6 10pm Field C C

Chair Based Yoga
Tues, 12 30-1 30pm Manor Park

Fifty Plus Men's Group
Tues and Thurs 2 5pm Katherine Road C C

GREEN

Green Gym
Weds 10am 1pm, meet at Visitor Centre in East Ham Nature Reserve Norman Rd E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am 2pm Silvertown Wy, E16 (opp Hallsville Rd)

Garden Club
Tues 1 3pm Thurs 4 7pm, Sat 10am 4pm Abbey Gdns Bakers Row E15

Gardening Thymes Gardening Club
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Grow Together Be Together Community Gardening Club
Wed 10am-1pm Sat 1pm 3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanseral Garden Volunteering
Thurs and Sat 11am-3pm, Silvertown Wy, E16 For information call 07773 863 384

DOORSTEP CLUBS

Call 0300 124 0123 unless otherwise stated

Athletics Club (14yrs+)
A multi sport session focusing on athletics, football and the gym Tues, 6 7pm Newham Leisure Centre E13 Call 07718 394 756

Gym & Basketball (14yrs+)
Tues 6-10pm £2 Rokeby School, Barking Rd E16

Stunt & Tumble (14yrs+)
Thurs, 7 30-9pm £5 Talent Cheer & Dance Galions Reach Armada Wy E6 Call 07866 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yre)
Street dance, Fri 3 30-5 30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)
Mon 4 15-5 15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues 4 5 30pm and Thurs 5 6pm, Newham Leisure Centre Fri 5 7pm Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5 5 30pm, Newham Leisure Centre, E13

Just Play (14yre+)
Wed 6 30-8pm, multi sports (term time) Cumberland School, E13 Call 0300 124 0123

Athlefit (14-18yre)
Athletic fitness, Wed, 5 30-6 30pm, £1 Flanders Community Centre, Napier Rd, E6. Call 07718 394 756

Get Back into Netball
Tues, 6 7 30pm juniors 7 30 9pm, seniors £2 Lister Community School, E13 Call 07717 281 529

Keepfit
Wed, 10am £1 Chandos East Centre E15 Call 07950 944 095

Ladies Only Keep Fit
Wed, 10am, £1, Chandos East Centre, Chandos Rd, E15
Thurs, 10am, £1 50 Rokeby Centre, Rokeby St, E15

Women's Badminton
Fri, 1 2 30pm East Ham Leisure Centre, E6, £2 equipment provided Call 07930 162 505

Women United AFC (11yrs+)
Mon (term time), 6-7 15pm £1, Kingsford School E6 Call 07792 932 979

Zumba and Tone
Tues, 1 15-2 15pm £1 St Bartholomew's Church Hall Barking Rd, E6. Call 07944 775 679

Women's Martial Arts (16yrs+) Tues, 5 15-6 15pm Jack Cornwell C C Ring 07473 030 250

Zumba fitneee with Jess
Thurs 10 15-11 15am, Stratford £4 07884951484

Sheila Yummy Mummy Buggy (16+yrs) Mon 10-11 30am, £5 Central Park, High St South E6 (meet outside cafe in the park) Fri, 10-11 30am Plashet Park, Plashet Grv, E6 Call 07908 614 958

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people Wed 5 30-6 30pm and Fri 4 45 6pm NewVic E13

Athletics (8-18yrs)
Tues 4 15-6 15pm Brampton Manor Roman Rd E6 Thurs 4 30 5 55pm, St Angela's Ursuline School E7 Email cnoumce@englandathletics org

Family Swims
Sat 4 30-5 30pm, Newham Otters Swimming Club Newham Leisure Centre, E13 Call 0300 124 0123 Sun, 12 30-2pm, Family Swim, Balaam Leisure Centre, £5 Call 0300 124 0123

Get Fit for Free
Tues 1 30 3 30pm and Fri 10am 12noon Gym use for people with learning disabilities Newham Leisure Centre E13 To book an induction call 0300 124 0123

Sensory Play (U5yre)
Wed (term time) 1 30pm-3pm Oliver Thomas Children's Centre, Mathews Ave, E6 Email Naomi ferron@oliverthomas newham sch uk or call 020 8821 0997

Swim for Families Dealing with Autism
Wed 4 5pm Balaam Leisure Centre E13 Call 0300 124 0123

Support in Action (18yrs+)
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C C

RUNNING

Beckton Park Run
Sat 9am Beckton Park South, E16 Call 07718 394 756 www parkrun org/beckton

East End Road Runners
Tues and Thurs, 7pm Sun, 9am Meet on the track. Coached sessions for all abilities Newham Leisure Centre, E13. Call 07979 261 647

West Ham Park Run
Sun 11am Meet at Central Park Keepers Lodge Call 020 8257 4505

Run England
£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track) Mon, 4-5 30pm Newham Leisure Centre, E13 (meet on track) Mon, 5 45-6 45pm, Newham Dockside, E16 (meet at reception) Wed, 12noon 1pm Newham Dockside E16 (meet at reception) Thurs, 5 15-6 15pm UEL Docklands Campus E16 (meet at reception)

Sat 10 11 30am, Wanstead Flats E12 (meet at Harrow Rd Changing Pavilion) Sat 10-11 30am, Memorial Park, E15, £4 (meet at car park) Call 07718 394 874

SPORTS

Newham and Essex Beagles
Athletics Club Mon and Wed 6 9pm Foundation Groups (6-10 yrs), Mon, 7-8pm and Wed 6-7pm, £5 Terence McMillan Stadium, Newham Leisure Centre, E13 Visit www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun 10am-12noon £3 Gooseley Playing Fields St Albans Ave E6 Call 07961 333 615

Fencing with Newham Swords Tues, 6 9pm, Thurs 6 9pm, Fri, 7-10pm Classes for adults (18+), and mini pirates (4-7yrs) UEL SportsDock Call 07956 618 898

Indoor Cricket (8-16yrs)
Wed 6-8pm £2 Lister Community School E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club Adults Fri, 7 9pm Juniors Sat, 10am-12noon, £3 70, East Ham LC Adults Weds, 7-10pm UEL SportsDock. Call 07932 037173

FOOTBALL

AIR Football (16yrs+)
Tues 1-3pm Fri 10am 12noon Memorial Park Memorial Ave, E15 Fri, 3-5pm, Beckton Powerleague, E6 Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4 5 30pm, Britannia Village 65 Evelyn Rd E16

Football & Multi Sports
Mon 4-5 30pm Newham Leisure Centre, E13
Wed, 5 6pm Stratford MUGA West Ham Ln E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4 30-6pm U16yrs, U18yrs, 6 7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a side (4 subs) Weds 7 10pm Newham Leisure Centre E13

WNU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST Beckton 3G, 60A Albatross Cl, E6 Thurs, 6 30 7 30pm, Little Ilford Learning Zone 1 Rectory Rd E12 Thurs, 6 30-7 30pm Stratford Park MUGA, West Ham Ln E15 Sat 10 30am 12noon, Newham Leisure Centre, E13

Ascension Football
Sat 10 11 30am, £3 Reception to 11yrs King George V Park, King George Ave, E16 Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5 6 30pm, 8 19yrs, Snowshill MUGA, Snowshill Rd E12

Basketball Sessions
Thurs 5 30-6 30pm Little Ilford Learning Zone 1 Rectory Rd E12

National League
Mon 6 8pm U13/14yrs, Tues 6 8pm U15/16yrs Rokeby School, E16
Thurs, 4 30 6pm, U13/14yrs boys, U14yrs girls 6 8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs 5-7pm East Ham Leisure Centre To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon 7 30 9 30pm, Division 2 women and division 3/4 men Rokeby School, E16 Call 07947 401 616

Newham All Star Sports Academy (NASSA)
Sessions £1 unless indicated. Juniors, Fri 4-6pm Cumberland School, E13 National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm, Rokeby School E16 National league U18yrs, Tues, 8-10pm Rokeby School, E16 National league U13yrs, U14yrs, U16yrs, Thurs, 6-8pm, SportsDock. National league U18yrs, Tues, 8-10pm, UEL SportsDock. Junior boys and girls, Sat 10 20am-12 20pm UEL SportsDock, £2. Call 07703 503 995 www.nassasports.org.uk

Youngbloods Basketball
All sessions cost £1
U12yrs, mixed Sat 1 3pm East Ham Leisure Centre E6
U13/14yrs boys Mon, 6-8pm and Wed 4 30 6pm, St Angela's School, E7
U13/14yrs girls Mon 4 30 6pm and Wed 4 30 6pm St Angela's School E7
U15/16yrs boys, Tues, 6 8pm, St Angela's School, E7 Thurs, 8pm, St Bonaventure's School, E7
U17/18yrs boys Mon and Wed 8 10pm, St Angela's School E7 Call 07958 307 657

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall Barking Rd, E6, unless otherwise stated
Mon 20 July, Local Development Committee Old Town Hall, Stratford, E15, 7pm
Tues 21 July, Strategic Development Committee, Old Town Hall Stratford E15 7pm
Weds 22 July, Children and Young People Scrutiny Commission, 7pm
Thurs 23 July, Cabinet and Mayoral Proceedings, 5pm
Weds 29 July, Audit Board 7pm

CONTACT THE MAYOR

Surgery
To register for the Mayor's surgery you must arrive up to 30 minutes ahead of the advertised time **Tues 21 July, 5pm,** Newham Town Hall, E6
Sat 25 July, 10am, The Gate E7

Telephone surgery
Wed 22 July. Call 020 8430 2000 between 9.30-10.30am and leave your details

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813

LEISURE & SPORTS VENUES

Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
Flaid Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15 020 3373 0650
The Hartley Centre 267 Barking Rd, E6
The Nub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 8548 9768
Katharine Rd Community Centre 254 Katherine Rd, E7 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6 020 7511 1214
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
The Well Community Centre 49 Vicarage Ln, E6, 020 7586 7070

All listings may be subject to change Please contact individual events and activities before attending

Newham London

RECYCLE all of these items

from your BATHROOM

good to know

Top tip:

Remember to **remove** and pu **trigger spray** and **pump dispenser tops** in your rubbish

from your KITCHEN

good to know

Top tip:

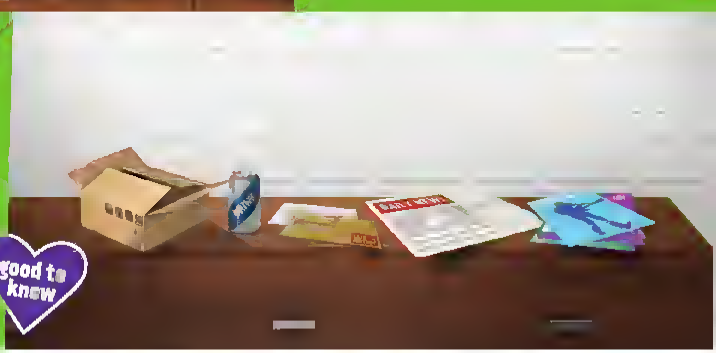
Squash cans and **bottles** and **flatten boxes** to save space in your recycling

from your LOUNGE OR BEDROOM

good to know

Top tip:

Recycle **all** the **newspapers** and **envelopes** from your living roo



If you ore unsure about ony items or wont to check o collection doy visit **www.newham.gov.uk/recycling**

recycle for London

FESTIVAL OF RUGBY 2015

Newham London

UNDER THE STARS

FOUR NIGHTS OF FREE LIVE OUTDOOR MUSIC

THURSDAY 13 AUGUST

MAXI PRIEST

ASWAD

JANET KAY

FRIDAY 14 AUGUST

SUKSHINDER SHINDA

JASSI SIDHU

HUSSNAIN LAHORI

RAJA KASHIF & RUBAYYAT JAHAN

ETERNAL TAAL

HOSTED BY DJ MOSES & TOMMY SANDHU

SATURDAY 15 AUGUST

HOT CHOCOLATE

CLEM CURTIS & THE FOUNDATIONS

SOUL LEGENDS TRIBUTE SHOW

SUNDAY 16 AUGUST

ROYAL PHILHARMONIC ORCHESTRA

FEAT. LAURA WRIGHT

FIREWORKS FINALE

Central Park, East Ham, E6 Gates Open 6.30pm

Visit www.newham.gov.uk/uts

@NewhamLondon #NewhamUTS newhamevents

No parking on site please use public transport You may be searched as a condition of entry
No glass bottles or dogs allowed on site Programme subject to change

Mayor of Newham